

TIP OF THE

May 13, 2005

SWORD

Incirlik Air Base, Turkey

New slide makes a splash at base pool



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On the cover:

A member of Team Incirlik slides down the new 'adventure slide' at the base pool Saturday. With the pool opening and new slide, the safety office reminds people that playing it 'SMART' will help ensure everyone continues to have fun this summer. See related article, page 8. (Photo by Airman 1st Class Bradley Lail.)

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COMMANDER'S COMMENTS



By Col. Robert Suminsby
39th Air Base Wing vice commander

May promotions

♦ To lieutenant colonel: **Bernadette Anderson**, 39th Medical Squadron

♦ To major: **Scott Criss**, 39th MDS; **Robert Moore**, 728th Air Mobility Squadron

♦ To captain: **Nathan Kaiser**, 39th Logistical Readiness Squadron; **Michael Luna**, 39th LRS; **Joshua Lyle**, 39th Civil Engineer Squadron; **Michael Meek**, 39th Services Squadron; **Nancy Morin**, 39th Mission Support Squadron; **Franklin Porcil**, 39th MDS, and **John Peresta**, 39th Security Forces Squadron

♦ To senior master sergeant: **Kent Gray**, 39th CES; **Olivia Lacour**, 39th LRS; and **Lola McLeod**, 39th MDS

♦ To master sergeant: **Earle Babb**, 39th Maintenance Group; **Melissa Erb**, 39th SFS; and **Tyrone Merriweather**, 39th SVS

♦ To technical sergeant: **Martin Dahlke**, 39th Comptroller Squadron; **Cynthia Gardner**, 39th LRS; **Valerie Mullens**, 39th Communications Squadron; **Tina Porcella Bennett**, 39th CPTS; and **Sabra Thomas**, 39th LRS

♦ To staff sergeant: **Charles Bina**, 39th CS; **Cheryl Brodber**, 39th CPTS; **Jason Capehart**, Air Post Squadron, Istanbul; **Stephen Dalmida**, 39th Maintenance Squadron; **Ryan Michels**, 425th Air Base Squadron; **Sharon Minney**, 39th Operations Squadron; **Belinda Munoz**, 39th OS; **Jamica Smith**, 39th OS; **Russell Stender**, 728th AMS; and **Stefanie Whitt**, 425th ABS

♦ To senior airman: **Christopher Broyles**, 39th MXS; **Lionel Coppin**, 39th SFS; **Daniel Gehring**, 39th SFS; **Victor Hewett**, 39th OS; **Nathan McNutt**, 39th SFS; **Kenny Triplett**, 39th SFS; and **Amy Weis**, 39th LRS

♦ To airman 1st class: **Henry Clarke**, 39th SFS; **Edwin Colon**, 39th SFS; **Robert Heidenreich**, 39th MXS; and **Ruben Rios**, 39th SFS

Remember the UCI?

If you were here in October, you surely remember the Unit Compliance Inspection. The wing got a very tough look, and thanks to a lot of effort, we proved we were in far better shape than the previous inspection in 1999. But whatever happened to all the write-ups? At Incirlik, we load all inspection write-ups, from both local and higher headquarters inspections, into a web-based tracking system. A couple of weeks ago, I signed off on corrective actions for over 350 items. Every one of them reflected an incremental improvement in how we do business. Every one of them reflected efforts by unsung heroes to make us better. I just want to say thanks to all of you who are still following up and correcting these deficiencies – whether from the UCI, the NSI or a local inspection. We are a better wing and better Air Force because of your hard work.

Drive safe

There has been a recent increase in the number of accidents and minor fender-benders on base, especially in parking lots. These types of minor collisions are costly and can be avoided with a little caution. We all have hectic days where we find ourselves rushing from one meeting, briefing or errand to the next. Please be careful when getting behind the wheel – slow down and take a good look around, especially in your blind spots, before backing or pulling out of parking spots. Nobody saves time when they get pulled over for speeding, careless driving or worse, hurting someone else.

Extreme Summer

Extreme Summer is a U.S. Air Forces in Europe program that gives points and prizes for using base facilities and programs. You can play to win prizes, trips, cars and more. Visit any services facility to register or log on to www.extremesummer.com. Signing up enters you in a drawing to win an all expense paid Jeep Jamboree Trip on the Rubicon Trail in California, or one of two trips to the terrific new Edelweiss Lodge in Garmisch, Germany.

Sign up now and automatically register for the chance to be one of the first 100 people to get DSL Internet at Incirlik. For more information, call 6-1032.

Who is your buddy?

By Lt. Col. Janon Ellis
728th Air Mobility Squadron commander

I am sure everyone has heard of the term “buddy system.” Having a “buddy” is simply having a responsible person around to protect, guide and warn you of trouble before it is too late. Your buddy is there to ensure you accomplish the mission and return home safely and can also help you accomplish the mission more efficiently than you could on your own. In other words, you become a team.

But who can be a buddy? A buddy is anyone able to help you stay safe and get the job done. It can be a coworker, a friend in another unit or someone you just met. At my monthly newcomer briefings, I stress the buddy system, or the Combat Wingman concept, in four general areas: force protection, safety, preventing alcohol-related incidents and interpersonal relations.

Protect your buddy. In regards to force protection, looking out for one another is an absolute must. As you travel around Turkey or even just Incirlik Village, having someone there to “check six” is always a good thing. We need to be aware and vigilant while out and about in Turkey. Two sets of eyes are better than one. As you check your surroundings, a buddy will help you watch for any potential problems. Have your buddy assist you in checking your vehicle as you return from the mall. Having a buddy or two around will also make you less vulnerable against criminal schemes.

Watch out for your buddy. Safety is critical to effective operations and a buddy can help out in many ways. If for some reason you are not up to performing a task, have your buddy assist you or perform the task instead. For example, if you are too tired to operate a vehicle, identify your concerns to

your supervisor before hopping on a forklift or million dollar K-loader. Perhaps another Airman is available to perform the task? Or, if you realize your buddy is very tired and not prepared to operate the vehicle that day, bring it up to the individual and supervision. If you are a true wingman, you should be looking out for your fellow Airman. In other words, take care of each other.

Support your buddies. A buddy can help prevent alcohol-related incidents. You should designate a responsible buddy if you and your friends are even thinking about drinking. Your designee should not be drinking so at least one person in your group will be sober and capable of making sound decisions for the group. Obviously, this person has a very serious duty to perform as they could be the only one protecting you or others that have consumed alcohol. Your buddy plays a critical role in ensuring you return home safe and fit to fight.

Know your buddy. Interpersonal relations are the core of the buddy system. You need to look out for the well being of your buddy, work mate, dorm mate, etc. We have a large number of unaccompanied Airmen on the base and the only “family” they may have are fellow Airmen. We need to look out for each other. Simply communicating is an excellent way to turn around folks dealing with major issues back at home or just simply being “home sick” or bored. In this critical role, you may even prevent someone from attempting suicide.

The main focus of the buddy system is to protect our folks and to provide them the best chance to get the job done and return home ready to perform another day. Remember, whether we call it the “buddy system” or Combat Wingman, it is not a catch phrase but something there to truly help you. Embrace it in your everyday activities, off duty and on.



Wingman Wednesdays at the Club

Show your wingman card and
eat hot wings for \$0.25 each

The time-honored commitment we ask every Airman to make — to be the guardian of each other's welfare.

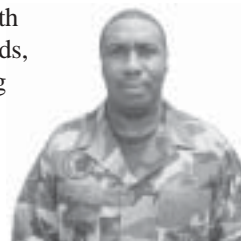
YOUR TURN

What is your favorite summertime activity?

“Relaxing with family and friends, fishing and drag racing ... life is what you make it.”

— Tech.

Sgt. Herb Johnson, Jr., 39th Medical Squadron



“Travel, swimming, listening to Turkish music and spending time with family and friends.”

— **Enver O'zhayta, Sultan dining facility cashier**



“Movies, biking and spending time on the beach with my family.”

— **Robert Pagenkopt, Fitness Program Manager**



“Family summer vacations, water parks, shopping and going to the beach.”

— **Chandra Gomez, 39th MDS**



“Playing soccer and meeting new people.”

— **John Tscheulin, 39th Security Forces Squadron**



To submit a question for “Your Turn,” call 6-6060 or e-mail tip.sword@incirlik.af.mil

BRAC

Information available for affected bases

By Master Sgt. Mitch Gettle
Air Force Print News

WASHINGTON—The secretary of defense is expected to announce the proposed Base Realignment and Closure list during a press conference Friday.

Air Force officials said they understand the effect BRAC can have on servicemembers, retirees, employees and their families.

To assist people with vital BRAC information, the Air Force will provide a toll-free number, (888) 473-6120, for military and civilian members affected by the BRAC list. Besides the toll-free phone number, the Air Force has an informative BRAC Web page at www.af.mil/brac.

"This number will be available starting May 13 from 8 a.m. to 8 p.m. (EDT) until further notice," said Col. Thomas Fleming, Air Force BRAC response cell director. "We will have trained people from 10 different Air Force or-

ganizations to answer or assist with any questions people may have."

Airmen can seek information through their chain of command. They may also contact the public affairs office at their nearest Air Force installation.

BRAC is the congressionally authorized process the Department of Defense uses to reorganize its base structure to more efficiently and effectively support its forces, increase operational readiness and facilitate new ways of doing business.

"People are our most valuable asset; and though BRAC is a careful and impartial analysis, people will be affected," Colonel Fleming said. "We care about our people, and we want to keep our people informed and provide them the best possible information on the changes that will affect them."

The Air Force Web page will have a breakdown of affected bases from the BRAC list, said Jeff Whitted, Air Force News Service op-

erations division chief.

"We will also have links to frequently asked questions, news articles, and DOD and Air Force information concerning BRAC," he said. "As we receive new information, we will post it to this page."

Local communities surrounding these installations will also be affected. Communities can address their concerns with the president's commission at regional BRAC commission meetings or by contacting the commission at (703) 699-2950 for more information. Phone hours are 7 a.m. to 6 p.m. EDT, Mondays through Fridays.

The BRAC process will take months to be finalized. The secretary of defense's BRAC recommendations are not final. The president's BRAC commission will review the list for conformity with the office of the secretary of defense's force structure plan and published selection criteria and report its findings and conclusions to the president by Sept. 8.

April Court Martials/Article 15s

Court Martials

♦ An Airman First Class from the 728th Air Mobility Squadron pleaded and was found guilty during a General Court-Martial for the following infractions under the UCMJ: Violating a lawful order, larceny from the Incirlik Base Exchange, indecent acts against a minor under the age of 16 and child pornography. His sentence consisted of 10 years confinement, a reduction to the grade of E-1, forfeiture of all pay and allowances and a dishonorable discharge.

♦ An Airman First Class from the 39th Security Force Squadron was found guilty during a Summary Court-Martial for the following infraction under the UCMJ: Signing a false official statement. His sentence consisted of a reduction to the grade of E-1, 10 days confinement and 20 days hard labor without confinement.

♦ A Staff Sergeant from the 39th Medical Squadron pleaded and was found guilty during a Summary Court-Martial for the following infractions under the UCMJ: Writing worthless checks to the Incirlik Base Exchange, Incirlik Commis-

sary and Incirlik Consolidated Club in the sum of \$7,640.84 and failure to maintain funds to cover said checks. His sentence consisted of a reduction to the grade of E-4.

Article 15s

♦ A Senior Airman from the 39th Communications Squadron received an Article 15 for being absent without Leave. His punishment consisted of 21 days extra duty and 21 days restriction to base.

♦ A Staff Sergeant from the 39th Communications Squadron received an Article 15 for Assault and Battery. His punishment consisted of a reduction to E-4 and 30 days extra duty. The reduction to E-4 was suspended contingent on the member's good behavior for the next six months.

♦ A Senior Airman from the 39th Logistics Readiness Squadron received an Article 15 for willful dereliction of duty. His punishment consisted of a reduction to E-3, 30 days extra duty and a reprimand. The reduction to E-3 was suspended contingent on the member's good behavior for the next six months.





Photos by Airman Dawn Duman

Zachary Thompson, 4th grade, plays the role of a judge while Brandon Lewis, 4th grade, plays a witness during Law Day mock trials Monday. This year's Law Day theme is centered around helping people understand their role as jurors in the legal system.



Ryleigh Thompson, 4th grade, questions a witness Monday. Law Day is an opportunity for the legal office to help elementary and high school students to better understand the judicial system.

'We the People in Action'

Law Day focuses on understanding jury system

By Senior Airman Stephanie Hammer
39th Air Base Wing Public Affairs

For many, getting involved in the legal system is limited to watching their favorite legal- or crime-orientated show on the television once a week. Deciding the legal fate of another is something most assume is left up to the man or woman in black behind the bench.

But that is not the reality of the judicial system.

"Not only may active-duty personnel at Incirlik be chosen as members on a future court-martial on base, many of us may also be chosen to serve on a jury in our communities upon returning to the United States," said 1st Lt. Darin Fawcett, 39th Air Base Wing assistant staff judge advocate.

Law Day is celebrated May 9-13, and this year's theme, "The American Jury: We the People in Action," aims at helping people understand the jury system and how they make it effective.

"The jury is the embodiment of democracy," according to the American Bar Association Web site at <http://www.abanet.org/publiced/lawday/theme2005.html>. "We entrust juries – small bodies of ordinary men and women – with decisions that involved the liberties and property of defendants. In doing so, we confirm our faith in the ability of people to make just and wise decisions and that is the very definition of democracy."

The military equivalent of a jury is a panel of military members. Although some of the rules governing members convened for a court martial are different than the rules governing a traditional American jury, members perform the same important function, according to Lieutenant Fawcett.

"This year's theme may be more applicable to active-duty personnel at Incirlik than they may think," he said. "Just as a traditional jury listens to evidence presented in a criminal court and votes on the accused person's guilt and

punishment if found guilty, members in a court martial do the same exact thing. Recently, six officers stationed here spent three days listening to evidence and arguments presented by military attorneys."

Lieutenant Fawcett added that he hopes taking time to learn about the American jury system will help military members understand their individual rights and how the system works.

"If the community takes into consideration this year's theme, when or if they are called upon to serve as a court member – whether at Incirlik, another base or their home state – they should make an effort to be available since this is a very important part of our judicial process," said Tech. Sgt. Melinda Smith, 39th ABW JA NCO in charge of claims.

President Eisenhower proclaimed May 1, 1958, as Law Day, "to strengthen our greatest heritage of liberty, justice and equality under the law."

Program helps foster pride in base appearance

By Senior Airman Stephanie Hammer
39th Air Base Wing Public Affairs

As the base prepares for an upcoming Combat Proud inspection, Team Incirlik is reminded that this Combat and Special Interest Program is about more than picking up trash and painting buildings.

"This is a program focused on creating an environment of pride – a place where people are proud to work and play," said Master Sgt. Vincent Palomba, 39th Civil Engineer Squadron and Combat Proud point of contact for the base. "It is a fact – we feel better, work better and are more effective members of our respective missions when we surround ourselves with neat, clean and beautiful grounds, customer-friendly buildings and inviting office spaces."

The Combat Proud detail meets five days a month to work on projects senior leadership has identified as needing improvement. The detail includes one member from each of the nine base squadrons, with the exception of the security forces squadron which contributes two.

"The details help foster pride at the lowest level, giving Airmen the opportunity to personally make a difference in base appearance," said Sergeant Palomba. "Each week, at least one large project is scheduled so the team can complete one whole task to call their own and take pride in the workmanship."

Combat Proud has made a big difference at Incirlik, according to Sergeant Palomba.

"Because of Combat Proud, the appearance of Incirlik AB has improved 100 percent," he said. "Ask anyone who has been here for more than a year."



Photo by Master Sgt. Vincent Palomba

Tech. Sgt. Eugene Core, 39th Civil Engineer Squadron, paints a barrier during a Combat Proud initiative. The Combat Proud detail meets five days a month to work on projects senior leadership has identified as needing improvement.

To volunteer for the detail, members can contact their squadron's first sergeants who are the squadron Combat Proud points of contact.

"True Combat Proud comes from within and seeks the contribution of everyone on base, not just those assigned to a detail," said Sergeant Palomba. "What a detail can achieve is nothing compared to the daily diligence and practices of hundreds who take pride in where they work and live."

EXTREME⁰⁵ SUMMER!

Extreme Summer is a U.S. Air Forces in Europe program that gives out points and prizes for using base facilities and programs.

Play to win prizes, trips, cars and more. Visit any services facility to register or log on to www.extremesummer.com. Signing up enters you in a drawing to win an all expense paid Jeep Jamboree Trip on the Rubicon Trail in California or one of two trips to Edelweiss Lodge in Garmisch, Germany.

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Photo by Senior Airman Dallas Edwards

Walk-A-Thon

Emily Dostart, 8, and Jordan Arens, 7, walk together at the high school outdoor track Saturday during a Walk-A-Thon sponsored by Incirlik Elementary School. Students, teachers and parents collected pledges before the event. The money earned will be distributed to the parent teacher organization and to classroom teachers.

Incirlik employee nominated for public service award

Mr. Jude M. Sorg, 39th Services Squadron, has been selected as the Air Force nominee for the 56th Annual William A. Jump Memorial Foundation Award.

The award is presented to a civilian career employee of the federal government, age 37 or younger, in recognition of exceptional service in public administration. Applicants must demonstrate an outstanding competence and interest in an area of public administration and show leadership in the direction or development of programs, act creatively and with resourcefulness to accomplish goals while closely adhering to the basic principles of enlightened public service, and serve with the utmost integrity and dedication to duty.

Mr. Sorg's supervisor cited his unselfish commitment to the Okinawan Special Olym-

pics, the Patrick Air Force Base, Fla. air show and numerous base wide events where he has been assigned have visibly touched the lives of thousands of Airmen and their families spanning three continents over the past 10 years.

This award was established in 1950 in honor of the late William A. Jump, budget and finance officer of the Department of Agriculture. Jump was recognized throughout the federal government and nationally for his leadership and distinguished contributions to effective public administration. The award is funded by the William A. Jump Memorial Foundation.

Mr. Sorg will represent the Air Force at the William A. Jump Memorial Award board. He is authorized to wear the Air Force Recognition Lapel Pin. (Courtesy of Air Force Print News.)

Chatting on AF Portal requires decorum

By Tech. Sgt. David A. Jablonski
Air Force Print News

WASHINGTON—Airmen are chatting it up in growing numbers using the Air Force Portal's instant messaging service.

But recent inappropriate comments made by some Airmen in chat rooms led officials to clarify responsible communication over the service.

"The majority of the 7,000 plus Airmen using (Air Force Instant Messenger) in a given week are using it exactly as it was intended," said Maj. David Gindhart, Air Staff lead for the portal. "Unfortunately, a small group of individuals forgot that our core values, military decorum and professionalism still apply when in a chat room."

Using the instant messaging service should be viewed in the same professional light as any other means of formal correspondence, said Col. Steven Spano, U.S. Air Forces in Europe Communications and Information director.

"The Air Force Instant Messenger is a wonderful collaborative tool that our USAFE members can use to exchange information," he said. "However, everyone still has the responsibility to continue to apply the same sound judgment to your AFIM conversations as you would for your official e-mail or telephone conversations. If the conversation is inappropriate for your office environment, it is

inappropriate for the AFIM as well."

Officials in the Air Force chief information office recently defined inappropriate use and clarified chat guidelines.

Inappropriate use includes sexual harassment, sexually explicit, or racist dialogue. In addition, while the instant messenger supports informal dialogue, the Air Force military rank structure establishes expectations for leader responsibility and accountability. Air Force Instruction 33-129, Web Management and Internet Use, covers the use of Internet resources by government employees. Military Equal Opportunity, AFI 36-2706, describes the limits of professional communication.

Certain controls and conditions have also been added, officials said. A warning banner reminds Airmen they have no expectation of privacy and use of the system is consent to monitoring. The service is limited to official and authorized appropriate use and cannot contain classified information or operational security information.

Chats may be logged, creating an official record. A self-monitoring system allows users to report misuse, but other forms of monitoring will take place, officials said.

"If you're uncomfortable with the behavior in a chat room, or find it incompatible with Air Force core values, please don't hesitate to use the self-monitoring and reporting functions we've installed," Major Gindhart said.

IN THE NEWS

Power outage

There will be an eight-hour, base-wide power outage from 4 a.m. to noon Sunday. The base will be conducting urgent repairs on the electrical distribution system. For more information, call John Bufford at 6-6846 or Joe Smalls at 6-6846.

ERC motorcycle course

There will be an Experienced Riders Course May 21-22 for all personnel requiring training to ride their motorcycles at Incirlik. U.S. Air Forces in Europe personnel operating motorcycles must complete the motorcycle safety course every three years. To register for the course, call the 39th Air Base Wing Safety Office at 6-SAFE (7233).

TDY travel vouchers

Personnel going TDY for 45 days or more must bring a copy of their travel orders to finance customer service. For more information on filling out an accrual/interim travel voucher, call 6-6306 or e-mail 39cpts.customerservice@incirlik.af.mil.

Hostile fire pay

All military members on leave, permissive TDY or TDY for one calendar month or more will not receive hostile fire pay or combat zone tax exclusion. For more information, call the finance off at 6-3606 or e-mail 39cpts.customerservice@incirlik.af.mil.

Storknesters

Civilian storknesters that request a travel advance prior to departure need to submit a DD 1351-2 and DD1351-3 for meals and lodging. Travel vouchers must be approved and signed by the 39th Medical Squadron prior to submitting to finance. For more information, call 6-6306 or e-mail 39cpts.customerservice@incirlik.af.mil.

Suspending phone service

Deploying personnel can suspend their phone service while deployed and will not be charged a connection fee when reconnecting their phones. For more information, call 6-2994 or 6-COMM for instructions.

Adventure land

Incirlik slides into summer at base pool

By Senior Airman Stephanie Hammer
39 Air Base Wing Public Affairs

The temperature is on the rise and people are cooling off at the base pool.

The pool opened Saturday with its latest addition – 150 feet of sliding good times. The new adventure slide can bring a whole new element to fun in the sun, but the safety office reminds people to take extra precautions and play it “SMART.”

“We want everyone to have fun, but we want you to do it safely,” said Master Sgt. Garvin Dansby, 39th Air Base Wing ground safety manager. “Familiarize yourself with the pool rules; they are there to help prevent injuries so you can enjoy the new slide for many months to come.”

Along with following the pool’s rules, Sergeant Dansby also said people need to take precautions against the damaging effects prolonged exposure in the sun can have.

One blistering sunburn in childhood can double the risk of getting melanoma later in life, according to the Skin Cancer Foundation Web site. Melanoma, the most dangerous form of skin cancer, accounts for three-quarters of all deaths from skin cancer, which adds up to over 7,900 American lives each year. There are a few steps everyone can take to help protect against damage from the sun:

- ♦ Do not sunbathe
- ♦ Avoid unnecessary sun exposure, especially between 10 a.m. and 4 p.m. – the peak hours for harmful ultraviolet radiation
- ♦ When outdoors, use sunscreens rated SPF 15 or higher - apply them liberally, uniformly and frequently
- ♦ When exposed to sunlight, wear protective clothing such as long pants, long-sleeved shirts, broad-brimmed hats and UV-protective sunglasses
- ♦ Stay away from artificial tanning devices



Photo by Airman 1st Class Bradley Lail

The base pool opened Saturday with a new Adventure slide. The slide is about 150 feet in length.

♦ Teach children good sun-protection habits at an early age - the damage that leads to adult skin cancers starts in childhood

♦ Examine skin head to toe at least once every three months

Another important measure in early detection of skin cancer is self-examination. Along with a yearly skin exam by a doctor, examining skin once a month is the best way to detect the early warning signs of skin cancer, according to the Web site. Look for a new growth or any skin change.

“A sunburn not only increases the risk of you or your kids developing skin cancer down the road, but it can put a quick end to a weekend full of fun,” said Sergeant Dansby. “Play it ‘SMART.’ Following just a few guidelines will keep you out of the hospital and in the pool.”

(Information courtesy of the Skin Cancer Foundation Web site at www.skincancer.org.)

Skin Cancer Facts

- ♦ More than a million people will be diagnosed with skin cancer this year.
- ♦ One in five Americans will get skin cancer in the course of a lifetime.
- ♦ One person dies every hour from skin cancer, primarily melanoma.
- ♦ Nationally, there are more new cases of skin cancer each year than the combined incidence of cancers of the breast, prostate, lung and colon.
- ♦ Melanoma kills more young women than any other cancer.
- ♦ More than 90 percent of all skin cancers are caused by sun exposure, yet fewer than 33 percent of adults, adolescents and

children routinely use sun protection.

- ♦ One in four persons who develop skin cancer is under the age of 40.
- ♦ Almost 37 percent of white female adolescents and more than 11 percent of white male adolescents between 13 and 19 years of age in the U.S. have used tanning booths.
- ♦ The effects of photoaging can be seen as early as in one’s 20s.
- ♦ Putting proven cancer prevention and early detection techniques into action could eliminate at least 100,000 cancer cases and 60,000 cancer deaths in the United States each year. (Courtesy of www.skincancer.org.)

Adventure slide safety rules

1. Minimum height to use waterslide is three-foot-tall
2. One rider at a time on the slide
3. Keep three stairs between you and the next person in line at all times
4. Riders must remain in feet-first position until reaching the water
5. Life jackets, innertubes, mats and eyewear are prohibited
6. Swimmers in the pool must be at least 10 feet from end of the slide at all times
7. Do not stop on slide to form a chain of riders
8. Horse play will not be tolerated. Failure to follow rules will immediately result in loss of pool privileges



Ask MEHMET

By Mehmet Birbiri, Host Nation Adviser

Youth and sports day

Turkey celebrates Ataturk's Memorial, Youth and Sports Day, Thursday.

This special day is the 86th anniversary of when the country's *War of Independence* was ignited.

Mustafa Kemal founded the Republic of Turkey on the ashes of a collapsed empire and started civil reforms to westernize and modernize the newly founded republic.

One of the civil reforms he initiated was the adoption of last names. The Grand National Assembly gave him the name *ATATURK*, which means father of Turks.

While his new identification card was being prepared, Ataturk was asked his birth date.

"You can write May 19 as my birthday," Ataturk said.

May 19 was chosen by Ataturk because it was the birthday of the Republic of Turkey.

The Ottoman Empire was on the losing side during World War I. In accordance with the treaty signed at the end of the war, the Turks were disarmed and the land of the Ottoman Empire was divided and occupied by the victorious forces. The strategic straights, Bosphorus in Istanbul and Dardannels in Canakkale, connecting Black Sea to Mediterranean were occupied by England. Russians occupied eastern Turkey, Italians the Antalya region, the French took southern and southeastern Turkey including Adana and Greeks occupied the Aegean region including Izmir.

Ataturk, the hero of Gallipoli, could not sit and watch his country be invaded. He decided to go to Anatolia to ignite the *War of Independence*.

He and 18 friends of his boarded the ship "*Bandirma*" and secretly set sail towards Samsun from Istanbul. Ataturk arrived in Samsun May 19, 1919 and began the struggle for independence.

After driving the occupying forces out of Turkey and founding the Republic, Ataturk, who had a great belief in youth, dedicated the day to the Republic's youth.

In his address to them he said:

"*Turkish youth... your first duty is to pre-*



Photo by Airman 1st Class Bradley Lail

Youth and Sports Day is set aside Thursday in honor of Ataturk, the founder of the Republic of Turkey (above). Adana hosts ceremonies which include music, gymnastic shows and parades at Adana Stadium.

serve and defend forever Turkish independence and the Turkish Republic.

This is the only foundation for your existence and your future. The principle is your most valuable source of strength. In the future, too, there will be enemies in your homeland and abroad who will try to deprive you of this.

If one day you are compelled to defend your independence and the Republic, you should not hesitate to perform your duty with whatever possibilities and circumstances may present themselves. These circumstances may be extremely unfavorable. It may be that the enemies who nurture designs on your independence and Republic have won a victory unprecedented in the history of the world.

By force and by deceit, all the fortresses and shipyards of your sacred homeland may have been seized, all her armies dispersed and every corner of your homeland invaded.

What is more tragic and awesome than these eventualities, those in power in your country may have fallen in ignorance and error.

Moreover, those in power may identify their personal interests with the occupying enemy's political goals. The nation may have fallen into complete destitution, into the most extreme distress.

Turkish youth of the future: Even under these conditions your duty is to save the Turkish independence and the republic. The strength you need for this is already

present in your noble blood that flows through your veins."

In memory of Ataturk's declaration, young athletes carry soil and a Turkish flag from Samsun to the border of the province toward Ankara on May 19. Each athlete carries the soil to the next province's border. The soil and flag arrive in Ankara in time to be forwarded to the president during ceremonies held there.

Adana hosts ceremonies which include music, gymnastic shows and colorful parades at Adana Stadium which start at 9 a.m. The Ankara and Istanbul ceremonies are broadcast live on Turkish TV and radio.

In Turkish

genclik - youth
(ghanch-lick)

spor - sports
(spor)

Mayis - May
(My-ess)

Do you have a question about something Turkish? Ask Mehmet. To submit a question, call 6-6060 or e-mail mehmet.birbiri@incirlik.af.mil.

'Running' around or 'walking' tall

Both options prove beneficial to fitness

By 1st Lt. S.J.B. Bryant
39th Air Base Wing Public Affairs

The subject of running versus walking for better fitness is often a controversial one. There are people who claim walking is better because running is stressful on joints and bones. Countering that claim, there are others who insist walking does little to aid long-term health and running actually strengthens bones and joints.

Regardless of the "expert reports," both remain staple fitness practices for a majority of the world populace. A lover of one should not chastise the other as both practices can be beneficial to good health, according to health and fitness experts at MayoClinic.com.

In all fairness, both fitness practices have a special week dedicated to celebrating its qualities and benefits. For those who love to run, May 12 to 18 is National Running Week while walkers can kick up their heels Oct. 3 to 7 during the International Walk to School (or work) Week.

Doctors at the Mayo Clinic remind people that the important thing is not which physical activity is chosen – running or walking – but simply choose to exercise. Below are the stories of two people who exercise on different sides of the debate. Here they share why they love their fitness regime and why knowing how to engage in your chosen activity is crucial. Above all, safety in all you do is essential and these two know their bodies' challenges and safely participate in their favorite fitness regime – which makes them Project Smart aficionados.

A runner's story: Chaplain (Capt.)

Charles Montoya, Detachment 1 Installation Chaplain, Ankara, Turkey. I began running in 1983. My pursuit began as a preparation for basic military training. After basic training, I got over the running bug. Again in 1986, I started to run in order to relieve stress. It was a good outlet and I began to really enjoy it. I even competed in a few 5K races. However, an injury kept me from running and I began to dislike running.

It was in 2001 when I realized I was out of shape. I was at my maximum allowable weight. So, I began to run, but did not love it. When I deployed to Kuwait in 2002, I began to run more, but sustained a stress fac-



Photo by Senior Airman Dallas Edwards

Members of the 728th Air Mobility Squadron run together at the 39th Mission Support Group monthly run May 6. For those who love to run, Thursday through May 18 is National Running Week while walkers can kick up their heels Oct. 3 - 7 during the International Walk to School (or work) Week.

ture in my left leg. So, I had to give it up again. After recovering from my injury, I was determined to get fit. I began a diet and started running more.

When I arrived in Ankara, I was determined to run again and in a year's time, I lost 40 pounds and began to love running. In 2003, I was asked if I wanted to run in the Istanbul Marathon but decided not to since I had only been running again for a short time. So, I set my sights on the 2004 Istanbul Marathon. I wanted to finish the race in the allowable time of five hours but closer to race time, I was injured again.

My love for running and my goal kept me in the game and on Oct. 10 I began and finished the Istanbul Marathon in 4 hours, five minutes and one second even though I never thought I could do it. I plan on running one to two marathons a year. I only hope my 5-year-old daughter adopts my love of running and makes it a part of her life as it a part of mine.

I have hated running and now love it because it helps to relieve stress, gives me time to think, and is beneficial for my overall mental and physical health.

A walker's story: Master Sgt. Roberta Williams, 39th Air Base Wing career advisor. My love of walking began when I was in high school. I was a member of Navy JROTC and was on the marching drill team and I loved it. I have never been

much of an athlete. I do not have good hand/eye coordination and I definitely do not have a runner's body. I would rather walk until the cows come home than run 1.5 miles any day.

My husband and I really loved our assignment in Germany because of the hiking and walking you can do. We hiked through the Alps and went on Volksmarches all the time. While walking, he and I – or any other walking partner – are able to catch up on the day's events since you really cannot run and talk at the same time.

I force myself to run with the new PT program and just recently passed the PT test by taking 30 seconds off my run time. I cannot consistently run. I approach the PT test by alternating running and fast walking. I have terrible shin splints and flat feet so running for me is painful to say the least. My shin splints do not subside until two to three days after I run.

I have always heard, and believe, walking is better for you than running. It is easier on your joints, and it takes you longer to walk than to run so you are exercising for at least 20 minutes by walking 1.5 miles vs. running that 1.5 miles in 10 or 12 minutes.

Even if I were really good at running, I would still walk - no ifs, ands or buts about that. Walking is what I feel is the best exercise for my body and what I feel good doing every day.

THE INCIRLIK GUIDE

Community yard sale

Incirlik's 50th Anniversary Committee hosts a Community Yard Sale Saturday at Arkadas Park from 8 a.m. to 2 p.m. Donations are needed. If you would rather sell your own items, you can buy a space for \$10. For more information, contact 1st Lt. Sabra Bryant at sabra.bryant@incirlik.af.mil or 6-5791.

Essay/Art contest

In celebration of Incirlik's 50th Anniversary Celebration, the committee is hosting an essay/art contest through May 20. The essay theme is, "Why is it so important for the Turkish-American people/government to work together." The essay must be typed, double-spaced with name and grade and between 250 and 500 words. The art theme is anything that consists of Turkish/American airplanes, people working together, etc.

Cash prizes will be awarded and the contest is open to American and Turkish children in kindergarten through 12th grade. Sign up at the school's front office. For more information, call Master Sgt. Garvis Leak at 6-6420.

Youth summer camp

The base youth summer camp is June 20 through Aug. 26. Registration is in progress for ages 5 to 12 (must have completed kindergarten). For more information, call the youth center at 6-3246 or 6-6670.

Skate board clinic

A skate board clinic taught by a professional athletic instructor is June 13-17 at 5 p.m. at the youth center for ages 10-16. For more information, call the youth center at 6-3246 or 6-6670.

Asian Pacific Heritage

The Asian Pacific Heritage Association is seeking individuals interested in assisting with this year's celebration, "A taste of Asia." Anyone interested in helping coordinate this event, call Capt. Franklin Porcil at 6-6706.

WARRIOR OF THE WEEK



STAFF SGT. GREG BLUETHMANN
AFNEWS DETACHMENT 7 RADIO AND TELEVISION
BROADCAST PRODUCER

Time in service: Almost eight years

Hometown: Highland, Ind.

Time on station: 10 months

Hobbies: Running, fishing, camping, mountain biking, playing cards and hiking

Why did you join the Air Force? I joined the Air Force to gain independence.

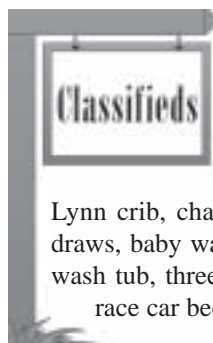
What do you like most about Incirlik? I like the small town atmosphere of the base, along with the camaraderie of the friends I have made here.

How do you contribute to the 39th Air Base Wing's mission? Detachment 7 provides the base with stateside programming and gives them an outlet to get stateside broadcasting free of charge. We also provide up to date information for the base community on things happening at Incirlik.

What is your favorite motto and why? "It's easy to grin when your ship comes in and you've got the stock market beat, but it's the man who can smile all the while when his pants are too tight in the seat," because it makes no sense and I like to keep people wondering.

What Air Force core value best describes you and why? Service before self; I tend to burn a lot of midnight oil at work

Supervisor's quote: "Staff Sgt. Bluethmann is a true professional through and through and leads by example in everything he does," said Master Sgt. Robert Shields, Detachment 7 operations manager. "No matter how tough the task, he rolls up his sleeves and puts forth the kind of effort you wish every young NCO could give you."



Yard Sale: A yard sale is 8:30 a.m. Saturday at 3086B Konya Ct. in Phantom Housing. Items for sale include baby clothes (12-24 months), Jenny Lynn crib, changing table and chest of draws, baby walk, infant car seat, infant wash tub, three bed-in-bags, little boys' race car bed, sheets.

For sale: Female Jack Russell Terrier for sale to good home. Spaded, tail clipped, AVID chip, rabies and shots current, house trained and wonderful with children. Due to work schedules and having second baby on the way, we do not have enough time or room for her. Also included: two kennels, leash, dog bowls and food. \$400 OBO. For more information, call 6-5150 or 05377477804.

For sale: 1992 Chrysler Grand Voyager, 3.3l 6 cylinder, tires/battery less than one year old, A/C, power locks, seven passenger, ABS. BB \$1,645 - asking \$1,300. For more information, call Jeremy Sutfin at (work) 6-6078/8310 or (home) 6-2165 or e-mail at sutfinj@incirlik.net.

For sale: Red 1994 Mitsubishi Mirage, great

second car, \$1,200 OBO. For more information, call Shawn or Zeynep Messer at (work) 6-3265 or (home) 6-2147.

For sale: Black 1991 Alpha Romeo 164, V-6, 205 HP. Fully loaded, car alarm, JVC stereo w/ remote and 10-disc CD changer in trunk. Beautiful condition. Must see! \$3,500. For more information, call Chris at (work) 6-8066 or (home) 6-2157.

For Sale: 1984 Mercedes 240SE, straight six and automatic transmission — well maintained. New tires, CD player, seat heaters and air conditioning. Selling for \$2,000. For more information, call William Harlan at 6-6363.

For sale: Locally made computer armoire and matching bookcase. Dark cherry finish. Not quite big enough for what we need. Paid \$1,000 willing to sell for \$500 O.B.O. For more information, call Kevin at (home) 6-5333 or (work) 6-6910.

Needed: Person who knows how to set up home wireless network (peer-to-peer). Please call Jeremy Sutfin at (work) 6-6078/8310 or (home) 6-2165 or e-mail at sutfinj@incirlik.net.



Photo by Senior Airman Dallas Edwards

Key spouses

Christine Reiling, 39th Medical Squadron, and Noel Hudon, 39th Mission Support Squadron, play Bunko May 6 at the Club during a Key Spouses evening out. For more information on the Key Spouses, call Julie Halstead at 6-6755.

COMBAT, SPECIAL INTEREST PROGRAMS

Crossroads Café

Today: The 39th Communications Squadron sponsors food and fellowship at the Crossroads Café from 7 to 11 p.m. It is open to ages 18 and older. **Saturday:** The base Top 3 sponsors food and fellowship from 6 to 10 p.m. For more information, call Staff Sgt. Dianne Garvey at 6-6441.

Combat Touch happenings

A Catholic Saturday morning Bible study begins Saturday in the Chapel conference room. For more information, call Michael Luna at 6-9180.



The key (above) is the solution for the crossword puzzle published in the May 6 edition of the *Tip of the Sword*.



AT THE OASIS

Today

7 p.m. – Son of the Mask (PG) – Starring Jamie Kennedy and Alan Cumming. This newest film in the “Mask” series focuses on aspiring cartoonist Tim Avery who is feeling reluctant to become a father when he finds that he has to take care of a baby with amazing abilities. Somehow, the baby has the powers of the Mask of Loki, a mythological object that transforms its user into a manic shapeshifter alter-ego. As bad as a baby with godlike powers might seem, the really bad news is that Loki wants his mask back. (86 minutes)

9:15 p.m. – The Ring 2 (PG-13)(1st Run) – Starring Naomi Watts and Simon Baker. Sequel to the horror flick *The Ring*, Naomi Watts reprises her role as Rachel Keller, who, six months after the events of the first film, moves to Astoria, Ore., with her son, Aidan, to escape their memories of what happened in Seattle. When a few locals start dying, however, and a strange videotape reappears, Rachel becomes aware that the creepy Samara is back and after Aidan. (107 minutes)

Saturday

5 p.m. – Son of the Mask (PG) – Starring Jamie Kennedy and Alan Cumming. (86 minutes)

7:30 p.m. – The Ring 2 (PG-13)(1st Run) – Starring Naomi Watts and Simon Baker. (107 minutes)

Sunday

7 p.m. – Hitch (PG-13) – Starring Will Smith and Eva Mendes. Alex is a “date doctor” who claims to be able to find customers their perfect romantic match in three dates or less. Sara, a gossip reporter for a daily tabloid, makes Hitch re-evaluate his game, and rethink love in the process. (115 minutes)

Thursday

7 p.m. – Constantine (R) – Starring Keanu Reeves and Rachel Weisz. Renegade occultist John Constantine has literally been to hell and back. He teams up with skeptical policewoman Angela Dodson to solve the mysterious suicide of her twin sister. Their investigation takes them through the world of demons and angels that exists just beneath the landscape of contemporary Los Angeles. (121 minutes)

AT THE M1

Kingdom of Heaven (R) — 12:30 p.m., 3:30 p.m., 6:30 p.m., 9:30 p.m. and 11:15 p.m. (145 minutes)

In Good Company (PG-13) — 12:15 p.m., 2:30 p.m., 4:45 p.m., 7 p.m., 9:15 p.m. and 11:30 p.m. (109 minutes)

Interpreter (PG-13) — 11 a.m., 4 p.m. and 7 p.m. (128 minutes)

Movie listings are subject to changes. On-base listings are courtesy of the Army and Air Force Exchange Service Web site at <http://www.aafes.com/ems/euro/incirlik.htm>; M-1 listings are courtesy of the Tempe Cinemaxx Web site at www.tepecinemaxx.com.tr. For more Oasis information and updates, call the movie recording at 6-6986 or the theater office at 6-9140.